Spavision
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Double Handled Pilates Ring 12"

Product Code: 95D464

£20.00

(Ex Tax & Delivery)

Align-Pilates

The 12" Align-Pilates Double Handle Pilates Ring helps accelerate the toning process by specifically targeting muscles, and to focus on form during Matwork or Reformer

exercises. Also known as the Pilates magic circle, the exercise ring is frequently incorporated into Pilates routines to enhance the intensity of floor exercises. This lightweight Pilates ring, equipped with both inner/outer grips and a foam-padded fiberglass ring for added comfort, proves particularly effective in addressing challenging areas such as the inner and outer thighs, upper arms, chest, and pelvic muscles. Incorporate magic circle Pilates to your routine!

The 12" magic circle is more suited for individuals with a smaller stature and/or those looking for less resistance, whereas the 14" version is suitable for larger frame individuals and provides more resistance.

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Features:

- Targeted toning: Magic circle accelerates toning by specifically targeting key muscles
- Comfort: With inner/outer grips and a foam-padded fiberglass ring, lightweight ring provides a comfortable workout
- 12" Pilates ring: Suitable for individuals with a smaller stature and provides less resistance
- Material: Foam covered flexible plastic

Specifications:

- Dimensions: 12"/30cm (DIA)
- Weight: 418g